

INNER WELLNESS- GIVING YOUR SOUL AND SPIRIT A CHANCE TO CONNECT WITH LARGER BEING

“My passion for leading a positive life has made me conceptualize and curate Inner Wellness, which gives people a chance to move towards a happy and contented life, free from conflicts, judgments and struggles.”

Transformation is the foundation of the programs that we have formulated at Inner Wellness, which can be customized for each individual. Spiritual principles, meditation practices, breath work, yoga, and extensive reading have helped me to align with my true purpose - to be a source of love and inspiration in the world.

The mission of Inner Wellness is to make you look inwards, give your soul and spirit a chance to connect with your larger being and move towards love and truth. No matter at what juncture of life you are, they promise to tread gently with their on this new path, hold their hand and lead them towards peace, with themselves and life at large.

They work on health, soul, relationship and work life balance. Some of the objectives that they try to fulfil at Inner Wellness

- Try to understand how your

thoughts and energy affect your physical body so that you are able to take informed decisions towards leading a healthy and fulfilling life

- Endeavour to understand existence beyond the humdrum of life, tap into your inner source of power, heighten your intuition and dwell in a place of unlimited joy

- Formulate workable solutions to help to live your relationships free from fears and insecurities. Further, encourage you to discover rejuvenated emotional connections and joys with your loved ones

- Help people to have a fresh perspective and purpose for enhanced performance at work. Efficient strategies for effective stress management

The Company's long term vision is to spread this knowledge all across the nation, specifically in the times of the pandemic where a large number of people essentially require mind management courses and guidance pertaining to emotional hygiene in their daily life life. Besides

handling Government Executives and Corporate companies, we would also like to help the youth, especially helping out with their career, relationships and the problems that they face. Further, being a woman entrepreneur, the vision of Inner Wellness is to also help women and understand their emotional and mental health problems. Thus, at Inner Wellness, They would like to serve and help each segment of the society to the best extent possible.



Madhu Pandit - Founder - Inner Wellness

Blending Creativity, Innovation and New age skills - BAL BHARATI PUBLIC SCHOOL, LUDHIANA



Bal Bharati Public School

With an aim to cater to the burgeoning need of quality education in the city, the iconic luminaries of Child Education Society, Sh. K.K. Khullar and Sh. L.R. Channa planted a seedling in Ludhiana that has grown in to a young, exuberant, ever evolving tree giving out new shoots each day. Having established itself as pioneer in new age learning, paving the way for others by using digitized teaching learning process in the most innovative and successful way, Bal Bharati Public School is carrying forward the illustrious legacy and aspirations of its founders.

Besides providing the state-of-art infrastructure, classrooms accoutred with interactive panels, modular furniture and play fields equipped with modern facilities, the school aims at infusing Indian cultural values among learners along with helping them develop skills to march ahead in real world with an ability to innovate and adept to changes

that are rule of nature.

The BBPS team is trained to focus on the learning framework based on the guiding principles of 'becoming', 'belonging' and 'being' which makes it a school with a difference. Committed to experiential learning, BBPS is the 'home away from home' for a child where those tender buds are nurtured with love and care so that they can spread their fragrance around. They recognize unique and individual requirements of each and every child and make all our efforts for self-paced individualized curriculum which focuses on love for learning thereby creating a strong foundation and enabling maximum achievement of learning outcomes.

Their curriculum has been scientifically designed for young absorbent minds to help them develop critical thinking design patterns, multiple and optimal solution skills as well as reasoning and exploratory mindset besides oratory and communication competencies. Providing a conducive and congenial environment for both the students and the faculty helps them function in coordination and make the teaching learning process an enriching experience that allows augmentation of talent both at individual and peer level. Giving more importance to aptitude in a field,

the students are counselled individually as well as in groups by experts to guide them select their future stream and are helped to excel in that by exposing them not only academically but to real industry also by taking them to visit the enterprises, explore and assimilate the knowledge.



The wholesome approach of school towards academics, sports and co-curricular activities equips the learners with requisites of 21st century skill sets and right attitude to become successful global citizens

BBPS Ludhiana is an expression of interests and self discovery for every child and an institution that ensures that these young minds become learners for life.

For more information, contact:
Website:

<https://bbpsldh.balbharti.org/>
<https://bbpsldhu1.balbharti.org/>

DR ANURAG SHARMA- ONE OF THE PIONEERS IN THE FIELD OF CARDIOLOGY

Dr. Anurag Sharma a leading cardiologist of Tricity, hails from a small town of Punjab, Moga. He has done his MBBS from Govt. Medical college, Patiala in 1994. With his in-built passion for excellence and hardworking nature, he got 3rd rank in all India merit in entrance examination for post-graduation in PGIMER, Chandigarh and joined MD Internal Medicine course, which he passed with flying colors. After that, he did his senior residency in medicine from the same institute. He continued his journey towards excellence, securing first rank in All India merit for entrance examination of DM in cardiology in prestigious PGIMER, Chandigarh.

After successfully finishing his DM in Cardiology, Dr. Anurag started his professional journey in the field of interventional cardiology with ethics, transparency and 'patient first' as his motto of practice. He has worked in major corporate hospitals across India, starting as Consultant Cardiology at Fortis Hospital Mohali, Usha Mullapadi Cardiac Center, Hyderabad, Sterling Hospital Ahmedabad, and as Director Cardiology at Alchemist Hospital

Panchkula and Max Hospital, Mohali. In 2017, he initiated his dream venture, Ojas Hospital, Panchkula, in partnership with a group of doctors. The driving vision of this venture was care compassion and commitment for each and every process of health care delivery to the patients, and a dedicated mission of establishing a state of art cardiac super-specialty center at Panchkula. He is currently the Chairman of department of Cardiac sciences at Ojas

Dr. Anurag has performed more than fifteen thousand cardiac interventional procedures, which includes more than 6000 coronary angioplasties, saving the lives of high risk and sick patients. He is one of the Principal Investigator in Heart failure registry of INDIA, one of the largest studies of its kind in India. He represented north India in that study.

The Doctor is equally passionate towards his commitment in improving the community health status. He has opened a charitable trust



Dr. Anurag Sharma - Chairman and Founder Director Cardiac Sciences - Ojas Hospital Panchkula

in the memory of his late mother, Smt. Kamla Sharma, and this trust has sponsored medical treatment of more than 100 patients in the last 10 years. He is also the founder member of Society for promotion of ethical and affordable healthcare.

GIRNAR GLOBAL SETS NEW BENCHMARKS IN FOREIGN UNIVERSITY ADMISSION

For more than two decades, Girnar Global Education has been redefining the concept of counselling and strategizing for study abroad students. Some of the guiding principles for the Girnar team is that regardless of the academic score of an aspiring student, the idea is to mould and upskill the student and help identify his or her skill-sets and then evolve an effective strategy to present the student's abilities and unique qualities by helping each one of them to write winning essays. According to the young and dynamic CEO Ayush Jain, he reveals that, "We call this the premium approach because by constantly counselling and working on improving a student's overall profile on a long-term basis is an extremely arduous but enriching exercise."



Ayush Jain - Director - Girnar Global

Girnar has so far got placed more than 20,000 students and counselled a staggering 2.5 lakh students. Ayush then goes on to reiterate the three rules every admission counsellor and Editor follows in his institution.

At Girnar, the focus is to strategize the shortlisting of universities based on subject rankings, institutional tie ups, budgets, admission requirements, alumni strength, and country rules for work permits etc.

Girnar Global has so far helped students reach top foreign universities.

Girnar is busy setting new benchmarks in counselling students and helping them reach their dream universities.

For more information, contact:
Ayush Jain at 8872031273 or email at ayush@girnarglobal.com

THE BRAND MADE IN INDIA

Bharat Bricks Company, established in 1990, is one of the India's largest brick manufacturer of machine made bricks, brick tiles, pavers, wall bricks, flooring, roofing, landscaping and customized products. Bharat Bricks has been manufacturing machine made bricks/tiles for over 31 years with a variety of eye soothing natural colours that are not affected by weather conditions for their entire lives.

With automation and technology, brick manufacturing plant is now among the most technologically advanced in the industry, transforming every step of the brick production process.

Architecture plays a very important role in the evolution of society. Bharat Bricks Co. is constantly evolving. The way their surroundings work in concert with function and aesthetics affect them more than they realize; shaping how we live and influencing our cultural identity. It's not only the type of materials used in a building or living space, but their color, texture, size and shape that has a significant impact on how space is perceived.

Bharat Bricks range of Special Terracotta profiles add distinction and character to any type of archi-

ecture, modern or traditional. This technology is already being used in countries like Italy and other European countries. Made from durable English Clays, Bharat Brick tiles are available in Terracotta and other colours like antique and brown. Because of strong characteristics like high compressive strength, less water absorption, these tiles are being recommended by architects for designing.

They are also exporting our Ma-

chine Made Bricks to London (U.K.) appropriate infrastructure for sustained adoption of new and improved technologies for production and use of resource efficient bricks in India, resource-efficient bricks, including hollow bricks, on a large scale.



Khulbhushan Aggarwal - Founder - Bharat Bricks Company

ANM- REDEFINING SPECIALITY CHEMICAL INDUSTRY



Amish Mehra - Mg. Director - ANM Group

Amish Mehra is a 3rd generation entrepreneur and innovator of the 4 decade old ANM Group which is into Speciality Chemicals sector. A Chemical Engineer and MBA(x), he loves to research and innovate in the field of chemicals and apply the knowledge to solve real world problems. Paper Chemicals form the major portfolio and ANM is one of the largest domestic suppliers and exporting to 12 countries. "Bio-chemicals are the future and India is an Agriculture economy. At ANM, the big statement we are chasing is that India be a recognised global player in the domain of Speciality Bio-Chemicals, said Amish Mehra." The pandemic has taught us that we need to be self reliant and have a strong manufacturing sector. ANM invests a lot in R&D, which forms the base for manufacturing, and has tie-ups with global companies to adopt newer technologies and always add maximum value to its customers. Moving ahead, ANM strives to adopt newer working methods like Industry 4.0, AI-ML, Data Analytics etc to enhance efficiency of operations and also offer similar solutions to its clients - majorly big Paper mills.

"The future is interesting and equally challenging and we believe our company's core competency and specialization gives us an edge in this growing fields, said Amish Mehra." Apart from work, Amish loves to travel, indulge in deep conversations with intellectuals and give back to society in whatever way possible. ANM is a socio-environmentally responsible organisation and stands on a strong foundation of trust, ethics, integrity and knowledge.

Creating an impact in the growth of software solutions

An extraordinary journey initiates with a small step. After working for years in the Maritime industry, and acquiring professional training from South Tyneside College UK, Inderjeet Singh decided to take a bigger step forward to accomplish his dream of starting his own IT company. In 2009, he co-founded Indivar Software Solutions Pvt. Ltd., along with his elder brother Varinder Singh, the CTO of the company, with the vision to empower other organizations with optimized solutions by providing them with secured, agile, and Innovative IT Solutions.

Driven by a vast pool of extremely talented IT experts from all across India, Indivar delivers high-end IT solutions in areas like Enterprise Resource Planning, Customer Relationship Management, Cloud Computing, Embedded Systems, Digital Marketing, Mobile App Development, and Web Development. With a major focus in ERP Solutions. With over two dozen successful implementations they have a strong Implementation and Technical team to support their SAP BI Clients spread across, Punjab, Himachal Pradesh, and Gurgaon.

Inderjeet and his team utilized

their past experiences in software development to take their entrepreneurial dream further by expanding into the agritech industry. Lush Agrotech Pvt. Ltd., is the latest endeavour by the duo that takes care of post-harvest management of vegetables and fruits using IoT, Artificial Intelligence, and Machine Learning. The company has the vision of helping farmers by automating manual laborious tasks, thereby reducing dependence on labour which is getting hard to find each day.

Technology is rapidly transforming the world. Those who use the power of technology to modify the simple routines of day-to-day lives are indeed changing the world for the better. Inderjeet Singh has invested in years' of patience, persistence, and dedication to wield the power of technology to transform the working styles and patterns of other



Inderjeet Singh - Managing Director - Indivar Software Solutions Pvt Ltd

businesses to improve their productivity and profit. Inderjeet Singh inspiring story is testimony to the fact that he not only dared to chase his dreams but was persistent enough to find success.

ARUNACHAL PRADESH TO ESTABLISH NEW BODY TO IMPROVE INFRASTRUCTURE

To expedite infrastructure development, Arunachal Pradesh government will establish Arunachal Pradesh Infrastructure Financing Authority.

Commemorating the launch of the Golden Jubilee Celebrations of Arunachal Pradesh as an independent identity, the State Cabinet Meet was held here at Ziro chaired by Chief Minister Pema Khandu.

The cabinet decided to confer the highest State Award 'Arunachal Ratna' on Late K A A Raja, the first Lt Governor of Arunachal Pradesh for his immense and unforgettable contributions in the socio-economic and political development of the state and to provide financial assistance to 500 top performing women Self Help Groups through fixed deposit of Rs 1 lakh each to strengthen social capital base and take up economic activities and to 300 Primary Level

Federations through capital subsidy deposit of Rs 2 lakhs each for procurement of goods transport vehicle for use by their respective constituent SHGs.

The cabinet decided to formulate District Level Good Governance Index through engaging an experienced knowledge partner for strengthening all round development and improve ease of living of the citizens. To identify and select 50 existing government schools based on professionally determined criteria for being developed as 'Golden Jubilee Model Schools' subject to maximum ceiling of Rs 12 crore expenditure per school at an estimated cost and allocation of Rs 500 crores approximately.

The cabinet decided to complete and inaugurate 365 physical infrastructure



projects within the Golden Jubilee year period from 20 January 2022 to 20 January 2023 besides to provide recognition through a sum of Rs 2 lakhs as 'Golden Jubilee Merit Award' to any APST student completing class XII Board examination from schools of Arunachal Pradesh on qualifying National Level Entrance Examination and securing admission to IITs, IIMs, NLU and AIIMs and to provide an additional fixed deposit of Rs 5000 as top-up amount over the existing Rs 20000 under the 'Dulari Kanya Scheme' to 'Golden Jubilee Daughters' who are born between 20th January 2022 to 20th January 2023 and are fully immunized.